



2016-17 Wellness Campaign Incentives

Activity	Timeframe	Incentive
Biometric Screening and online Health Assessment Reward Programs		
<p>Blue Shield Subscribers: Step 1: Register at mywellvolution.com and complete the online Well-Being Assessment. Step 2: Complete a biometric screening. View complete program details at www.blueshieldca.com/cosb.</p> <p>Kaiser Permanente Subscribers: Step 1: Register at healthworks.kp.org/cosb, check the "Yes" box on the Reward Program Authorization page, and complete the online Total Health Assessment. Step 2: Complete or be current with your biometric screenings. View complete program details at http://cms.sbcounty.gov/Portals/54/Documents/Benefits/Wellness/Important-Instructions-for-KP.pdf.</p>	<p>September 1, 2016 – April 30, 2017</p>	<p>\$100 Reward Card*</p>
Smoking Cessation Reward Programs		
<p>Blue Shield Subscribers: Complete four (4) coaching calls with a Quit Net Coach to help you quit smoking.</p> <p>Kaiser Permanente Subscribers: Complete HealthMedia® Breathe®, an online program, to help you quit smoking.</p>	<p>September 1, 2016 – April 30, 2017</p>	<p>\$100 Reward Card*</p>
*Only employees who are enrolled as the subscriber in a County-sponsored medical plan may be eligible for the \$100 Reward Card. Employees who opt to waive coverage to their County-employed spouse or registered domestic partner are not eligible.		
Steps to Success Rewards and Incentives		
<p>STS Monthly Challenges:</p> <ul style="list-style-type: none"> Employees that complete all milestones within a Steps to Success (STS) Monthly Challenge will earn a Fitbit One. Participants will only be able to earn one (1) Fitbit One every three (3) years. 	<p>All Year</p>	<p>Fitbit One**</p>
<p>STS Quarterly MEGA Challenges:</p> <ul style="list-style-type: none"> Employees that complete all milestones within an STS MEGA Challenge will earn a Fitbit Aria Scale. Only one (1) Fitbit Aria Scale may be earned per eligible employee. 	<p>Quarterly Beginning October, January, April, and July</p>	<p>Fitbit Aria Scale**</p>
<p>STS Milestones:</p> <ul style="list-style-type: none"> Track your physical activities on the STS portal and receive incentives for meeting milestones along the way! Register and participate at www.healthycommunity.ca/sbhr. Receive a free pedometer just for registering! <p>NEW STS 7 Million Steps Milestones Monthly Drawing: Beginning September 1, 2016, employees that have completed 7 Million Steps will be entered into a monthly drawing to win a Hydration Backpack.</p>	<p>All Year</p>	<p>Various milestone prizes</p>
<p>Wellness Wednesdays:</p> <ul style="list-style-type: none"> Every Wednesday, <i>My Health Matters!</i> (MHM!) will do a random drawing for a gift card! You <u>MUST</u> be an active participant on STS and have logged at least 5,000 steps in the previous week to win. 	<p>All Year</p>	<p>\$ Gift Cards</p>
**Only employees who are enrolled in a County-sponsored medical plan may be eligible for a Fitbit One or Fitbit Aria Scale. Employees who opt-out are not eligible.		
<p>For additional information, visit the <i>MHM!</i> web page at http://cms.sbcounty.gov/hr/Benefits/WellnessProgram.aspx. For questions, contact your Department Wellness Advocate or <i>MHM!</i> at mhm@hr.sbcounty.gov or via phone at 909-387-5787.</p>		

Note: Must be a County employee to be eligible for any STS rewards and incentives. All rewards and incentives are subject to inventory/fund availability.